

Zero Waste Mindset Resource List

Thanks so much for coming to my program! If you have additional questions, I can be reached at monicagchavez@gmail.com or 312 502-2700.

Here is a list of books that you might find helpful:

Title	Author
The Year of Less	Flanders, Cait
Sustainable Happiness	Van Gelder, Sarah
Digital minimalism	Newport, Cal
The Story of Stuff	Leonard, Annie
The Optimistic Environmentalist	Boyd, David R.
Outsmart Waste	Szaky, Tom
Throwaway Nation	Dondero, Jeff
F**k Plastic: 101 Ways to Free Yourself From Plastic and Save the World	Rodale Sustainability
Plastic Free	Terry, Beth
Garbology	Humes, Edward
Make Garbage Great	Szaky, Tom
Less	Aust, Rachel
The Abundance of Less	Couturier, Andy
Zero Waste Home	Bea Johnson
101 ways to go zero waste	Katheryn Kellogg
Give A Sh*t	Piper, Ashlee
Green Enough	Segedie, Leah
Zero Waste: Simple Life Hacks to Drastically Reduce your Trash	Shia, Su
A Zero Waste Life in Thirty Days	Vandyke, Anita
Waste Free Kitchen Handbook	Gunders, Dana
New Minimalism	Fortin, Cary Telander
Life Without Plastic	Plamondon, Chantal
The Future of Packaging	Szaky, Tom

I also recommend [this documentary](#). Very eye-opening.

Some articles I used for my presentation:

[“Americans’ plastic recycling is dumped in landfills, investigation shows”](#) from *The Guardian*
[“Where does your plastic go? Global investigation reveals America’s dirty secret”](#) from *The Guardian*
A study, [“Production, use, and fate of all plastics ever made”](#) from *Science Advances*
[Planet or Plastic](#) from *National Geographic*
[“US top of the garbage pile in global waste crisis”](#) from *bbc.com*
[An Ocean Plastics Field Trip for Corporate Executives](#)
[The Case Against Paper Straws](#)
[How Fossil Fuel Companies are Killing Plastic Recycling](#)
[Plastics: What’s recyclable, what becomes trash - and why?](#)
[Plastic Wars: Industry Spent Millions Selling Recycling – To Sell More Plastic](#)

Some websites I referred to with good tips:

<https://www.goingzerowaste.com/>

31 day waste challenge: <https://www.goingzerowaste.com/blog/31-day-zero-waste-challenge-1?rq=zero%20waste%20challenge>

100 Steps to a Plastic-Free Life:

https://myplasticfreelife.com/plasticfreeguide/?fbclid=IwAR0AywdQReHG2p0SfhfPznOSNJmRfih0R8aMcpZQcWqvySd_1J8v9QyWDJM

Buy Me Once: <https://buymeonce.com/>

Stop junk mail: <https://catalogchoice.org/>

Calculate your ecological footprint: <https://www.footprintcalculator.org/>

Services:

Terracycle: <https://www.terracycle.com/en-US/>

Contact lens recycling: <http://www.bausch.com/our-company/one-by-one-recycling>

Collective Resource commercial composting: <https://collectiveresource.us/>

Products I have used:

[Reusable bamboo paper towels](#)

[Tree-free toilet paper](#)

[Bamboo toothbrushes](#)

[Produce bags](#)

[Eco-friendly laundry and dish detergent](#)

[Reusable cotton rounds](#)

[Reusable handkerchiefs](#)

[Reusable cotton swab: The Last Swab](#)

[Reusable and compostable scrubby sponges](#)

[Shampoo bars](#)

[Silicone “ziploc” bags](#)

[Plastic-free deodorant](#)

[Plastic-free toothpaste tabs](#)

[Reusable Swiffer pads](#)